

# HOMEMADE HORMONE BALANCING ELIXIRS THAT WORK LIKE MAGIC

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# Homemade Hormone Balancing Elixirs That Work Like Magic

By Dr. Ritamarie Loscalzo

Nutritious and healing recipes can be made from a variety of fresh whole foods, essential oils, and herbs. In this booklet, we'll explore the making of healing elixirs that nourish and balance your hormones and provide instant and sustained energy.

Elixirs are defined in many ways. They have been defined as magical or medicinal potions and are sweetened liquids (usually containing alcohol and water) serving as a vehicle for medicine. The elixirs we're going to create are definitely liquid, sweetened (with low-glycemic sweeteners like stevia, xylitol, or erythritol), and the medicines they contain are powerful herbs and super foods for supporting your hormones.





## Hormone Balancing Elixirs

### Main ingredients in these energizing elixirs:

- **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts or seeds, coconut
- **Herbs:** several teaspoons to several tablespoons
- **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- **Sweetener:** stevia, *Lakanto, Zero*, erythritol, xylitol, or honey if your blood sugars tolerate
- **Salt:** sea salt or kelp powder

### Directions:

1. Boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener, and salt in a blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.



## Organ and Gland Energizing Elixir Ingredients

The chart below contains just a sampling of the dozens of herbs that can be used to support and nourish your organs and glands. Mix and match to delight your palate and your body.

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
<ul style="list-style-type: none"><li>• Ashwagandha</li><li>• Astragalus</li><li>• Cordyceps</li><li>• Gymnostemma</li><li>• <b>Licorice ***</b></li><li>• Maca</li><li>• Mucuna Pruriens</li><li>• Reishi</li><li>• Rhodiola</li><li>• Schizandra</li><li>• Shiitake</li><li>• Siberian Ginseng</li><li>• Tulsi</li></ul>	<ul style="list-style-type: none"><li>• Ashwagandha</li><li>• Black Cohosh</li><li>• Coleus Forskohlii</li><li>• Eleuthero</li><li>• Gotu Kola</li><li>• Guduchi</li><li>• Guggulu</li><li>• He Shou Wu</li><li>• <b>Licorice ***</b></li><li>• Mushrooms</li><li>• Prickly Ash</li><li>• Rhodiola</li><li>• Rosemary</li><li>• Sage</li><li>• White Willow</li></ul>	<ul style="list-style-type: none"><li>• Aloe</li><li>• Cayenne</li><li>• Cinnamon</li><li>• <b>Licorice ***</b></li><li>• Marshmallow</li><li>• Pau d'Arco</li><li>• Peppermint</li><li>• Slippery Elm</li></ul>	<ul style="list-style-type: none"><li>• Astragalus</li><li>• Cordyceps</li><li>• Ginger</li><li>• Gymnostemma</li><li>• Reishi</li><li>• Shiitake</li><li>• Turmeric</li></ul>	<ul style="list-style-type: none"><li>• Broccoli Seeds</li><li>• Burdock</li><li>• Dandelion</li><li>• Garlic</li><li>• Ginger</li><li>• Milk Thistle</li><li>• Turmeric</li><li>• Yellow Dock</li></ul>	<ul style="list-style-type: none"><li>• Horsetail</li><li>• Nettle</li><li>• Yellow Dock</li></ul>

\*\*\* Licorice can increase blood pressure if overused.

Do not include if you have a tendency towards high blood pressure.



## Adrenal and Immune Boosting Elixir

### Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea** (or other favorite herbal tea)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 teaspoon chaga powder
- 1 teaspoon maca powder
- 1/2 teaspoon reishi powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or  $\frac{1}{2}$  and  $\frac{1}{2}$ )
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or 1 teaspoon **Zero** or **Lakanto**

### Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.



## Thyroid Restorative Elixir

- 2 teaspoons nettle leaf plus 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1/2 teaspoon kelp powder
- 1/2 teaspoon bladderwrack powder
- 1/2 teaspoon coleus powder (optional)
- 1/2 teaspoon shilajit powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or 1 teaspoon **Zero** or **Lakanto**

### Directions:

1. Boil water and pour over nettle leaves. Steep for 10-15 minutes, strain, and put in blender.
2. Combine all ingredients in blender and blend until smooth.



## Easy Energizing Hormone Harmonizing Elixir

### Ingredients:

- 1 tea bag of one of the following teas: ***Spring Dragon Longevity Tea, Yogi Tea Egyptian Licorice*** or ***Licorice Mint*** or ginseng tea (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1/2 teaspoon reishi powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or 1/2 and 1/2)
- 1 tablespoon maca powder
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid ***Sweet Leaf Stevia***, or 1 teaspoon ***Zero*** or ***Lakanto***

### Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender. Blend and enjoy.



## Mushroom-Free Easy Energizing Hormone Harmonizing Elixir

### Ingredients:

- 1 tea bag of one of the following teas: ***Spring Dragon Longevity Tea, Yogi Tea Egyptian Licorice*** or ***Licorice Mint*** or ginseng tea (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1 teaspoon mucuna pruriens powder
- 1 teaspoon rose hips extract
- 1 tablespoon maca powder
- 1/4 teaspoon astragalus powder
- 1 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or  $\frac{1}{2}$  and  $\frac{1}{2}$ )
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid ***Sweet Leaf Stevia***, or 1 teaspoon ***Zero*** or ***Lakanto***

### Directions:

1. Boil water and steep tea bag for 10-15 minutes.
3. Combine all ingredients in blender. Blend and enjoy.



## Chia Gel

### Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

### Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

## Resources

### ***Artisana Coconut Butter:***

<http://www.drritamarie.com/go/ArtCocoButter>

### ***Dragon Herbs Spring Dragon Longevity Tea:***

<http://www.drritamarie.com/go/DHSpringDragonTea>

### ***Health Force Nutritionals Maca Powder:***

<http://www.drritamarie.com/go/HealthForce>

### ***Lakanto All Natural Sweetener:***

<http://www.drritamarie.com/go/Lakanto>

### ***Longevity Warehouse Rose Hip Extract:***

<http://www.drritamarie.com/go/LWRoseHipExtract>

### ***Mountain Rose Herbs:* (for root and mushroom powders)**

<http://www.drritamarie.com/go/MountainRose>

### ***Sweet Leaf Stevia:***

<http://www.drritamarie.com/go/SLLiquidStevia>

### ***Ultimate Superfoods Mucuna Pruriens:***

<http://www.drritamarie.com/go/USMucunaPruriens>

### ***Yogi Egyptian Licorice, Herbal Tea Supplement:***

<http://www.drritamarie.com/go/YogiEgyptianLicorice>

### ***Zero:***

<http://www.drritamarie.com/go/WSZero>



## About Your Instructor



**Dr. Ritamarie Loscalzo,  
MS, DC, CCN, DACBN**

Dr. Ritamarie Loscalzo is fiercely committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 23 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

To learn more and get started on ***7 Simple Strategies to Jumpstart Your Energy Practically Overnight***, visit [www.JumpstartYourEnergy.com](http://www.JumpstartYourEnergy.com) or access Dr. Ritamarie's extensive collection of vibrant living health resources at [www.DrRitamarie.com](http://www.DrRitamarie.com).



## Dr. Ritamarie's Health and Nutrition Books and Programs

**B4 Be Gone Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. <http://www.B4BeGone.com>



**CAFE (Correcting Adrenal Fatigue and Exhaustion):** If you need a wake-up call that will heal instead of steal your energy, it's time for Dr. Ritamarie's CAFE program. This 5-part program provides insight and strategies to repair and refuel your tired adrenal glands, the body part responsible for protecting you in the face of stress and danger. <http://www.CAEEPProgram.com>



**FAST (Food Allergy Spy Training):** You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances. The FAST program is built around the Gold Standard for identification of food allergens - the Food Elimination Provocation Process (FEPP) - and allows you to move through the healing process at your own pace. <http://www.FoodAllergySpy.com>



**GREEN Cleanse:** A 7-day cleanse built around the healing mineral and nutrition-rich benefits of eating leafy greens is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens! <http://www.GREENCleanseProgram.com>

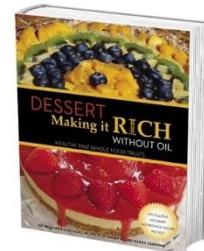


**VITAL Community:** Dr. Ritamarie's VITAL Community offers Vibrant Ideas and Tools for Awesome Living! VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, and who enjoy the fulfilling benefits of Awesome Living! <http://www.VITALHealthCommunity.com>



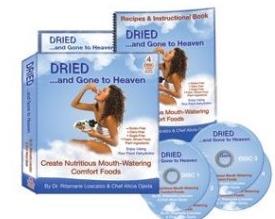


**Dessert: Making It Rich Without Oil:** The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.



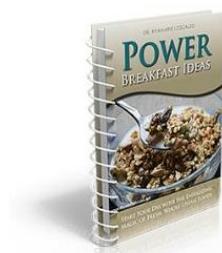
<http://www.drritamarie.com/go/Desserts>

**Dried and Gone to Heaven DVD Home Study Kit:** This kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Now you can make all your favorite comfort foods in ways that support your health, rather than drain it. Complete with DVDs, recipe guide and instruction manual, laminated reference cards, and a whole new perspective on life.



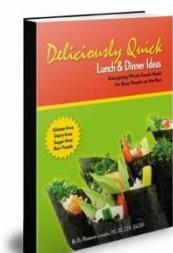
<http://www.DriedAndGoneToHeaven.com>

**Power Breakfast Ideas:** Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!



<http://www.RawPowerBreakfast.com>

**Quick Healthy Meals on the Run: Lunch and Dinner Ideas:** A valuable resource of more than just recipes! A complete guide to creating quick and delicious meals from ingredients you have on hand.



<http://www.drritamarie.com/go/Lunch>

**Seasonal Specials:** Halloween, Thanksgiving, Christmas and Hanukah recipe books and videos. <http://www.drritamarie.com/go/Seasonal>





## A Sampling of Other Online Video Classes

[www.RawFoodUniversity.com](http://www.RawFoodUniversity.com)

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.



**Cheese: No Dairy, No Guilt Online Video:** Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/Cheese>



**Thai Food Goes Raw Online Video:** Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>



**Gluten Free Pizza and Pasta Online Video:** Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

<http://www.drritamarie.com/go/RawPizzaPasta>



**Healthy Holiday Feasts Online Video:** It's easy to prepare a delicious, nutritious, gluten-free, dairy-free holiday meal that everyone can enjoy!

<http://www.drritamarie.com/go/holidayfeast>



**Sweets for the Holidays Online Video:** Create amazing gluten-free, dairy-free, raw vegan versions of traditional holiday treats such as gingerbread men, cookies in festive seasonal shapes, candy, turtle brownies, and more.

<http://www.drritamarie.com/go/Sweets>

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>



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ROOT CAUSE HEALTH CARE